



Healthdor

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Smoked Salmon and Cucumber Salad ••

A refreshing and healthy salad made with smoked salmon and fresh cucumbers. Perfect for a light lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Smoked Salmon
300 g	cucumber
2 tbsp	lemon juice
2 tbsp	olive oil
1 tsp	salt

1 tsp black pepper

Directions

Step 1

Cut

Slice the cucumber into thin rounds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the cucumber slices, smoked salmon, lemon juice, olive oil, salt, and black pepper. Toss gently to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 15 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Salads Snacks

Cultural

Chinese New Year Halloween

Cost

Under \$10

Demographics

Senior Friendly

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet
Lacto-Ovo Vegetarian Diet The Fast Metabolism Diet Nutrient Timing Diet

The Gerson Therapy

The Scarsdale Diet

The Mayo Clinic Diet

The French Women Don't Get Fat Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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